

# LOS ANGELES COUNTY PROBATION DEPARTMENT PRE-ACADEMY FITNESS GUIDE

The Board of State Community Corrections has mandated physical requirements an individual must fulfill, in order to obtain a Peace Officer status for the state of California, under the LA County Probation department. Listed below are examples of exercises which will assist the recruit with meeting the BSCC mandates. We recommend the recruit begin these exercises at the beginning of the hiring process.

## 1. CARDIOVASCULAR FITNESS (AEROBIC)

- Exercises that include moving at a steady pace over an extended period of time.

Example:

One Mile Run - Jog at an intermediate pace for 5-10 minutes, then walking for 2 minutes. After 2 minutes, jog again for another 5-10 minutes. Work towards running the complete mile without stopping.

## 2. CIRCUIT TRAINING (ANAEROBIC)

- Short duration, high intensity exercises, designed to keep your heart rate elevated over an extended amount of time.

Examples:

Jumping Jacks	- 3 x 20
Burpees	- 3 x 10
Mountain Climbers	- 3 x 10

## 3. CORE FITNESS AND TRAINING

- Developing the bodies overall core strength, which includes abdominals, obliques, pelvic muscles, lower back and glutes.

Examples:

Push-ups	- 3 x 15
Crunches	- 3 x 25
Flutter Kicks	- 3 x 20
Planks	- 3 x 30 (seconds)

- If you have not really had any running experience, starting out slowly with interval training would be a good start. Each week, increase your repetitions to reach the aforementioned goals.